

KARA COLLINS, MS, LMFT

kara@catalystmentalhealth.com

EDUCATION:

SEATTLE PACIFIC UNIVERSITY, Seattle, WA 2005
Master of Science in Marriage and Family Therapy

UNIVERSITY OF MINNESOTA, Minneapolis, MN 1997
Bachelor of Science in Family Science

SPECIALTIES:

Populations

- **Adolescents, Adults, Seniors**
- **Individual, couples, and families**

Conditions

- **Anxiety**
- **Depression**
- **Behavioral Issues**
- **Codependency**
- **Coping Skills**
- **Divorce**
- **Domestic Abuse**
- **Emotional Disturbance**
- **Family Conflict**
- **Parenting**
- **Self Esteem**
- **Sexual Health/Sex Therapy**

EXPERIENCE:

CATALYST MENTAL HEALTH, LLC, Minneapolis, MN 2016
Mental Health Therapist

Clients: Adolescents, adults, couples and families.

- Provide individual, marriage, and family therapy in an outpatient setting.
- Diagnose and treat a variety of mental health disorders including Anxiety Disorders, Depressive Disorders, Codependency, Marital Conflict, Divorce, Domestic abuse, Family Conflict, Parenting Issues, and Sexual Health Issues

THE RELATIONSHIP THERAPY CENTER OF MINNESOTA, St. Louis Park, MN 2013-2016

Clients: Adolescents, adults, couples and families.

- Provided individual, marriage, and family therapy in an outpatient setting.
- Diagnosed and treated a variety of mental health disorders including Anxiety Disorders, Depressive Disorders, Codependency, Marital Conflict, Divorce, Domestic abuse, Family Conflict, Parenting Issues, and Sexual Health Issues.

PRIVATE PRACTICE, Edina, MN 2006-2007

Clients: Adolescents, adults, couples and families.

- Provided individual, marriage, and family therapy in an outpatient setting.

- Diagnosed and treated a variety of mental health disorders including Anxiety Disorders, Depressive Disorders, Codependency, Marital Conflict, Divorce, Domestic abuse, Family Conflict, Parenting Issues, and Sexual Health Issues.

SEATTLE MENTAL HEALTH, Seattle, WA

2002-2006

Clients: Adolescents, adults, couples and families.

- Provided individual, marriage, and family therapy in an outpatient setting.
- Provided individual, family, and play therapy in a school setting.
- Managed a caseload of 10-15 at-risk youth. Worked closely with families and parents, as well as on-going collaboration with state social workers, teachers, parole offices, and guardian-ad-litem.
- Diagnosed and treated a variety of mental health disorders including Anxiety Disorders, Depressive Disorders, Family Conflict, and Parenting Issues.

ADDITIONAL EXPERIENCE:

PARENT TRUST FOR WASHINGTON CHILDREN, Seattle, WA

2001-2002

Children's Group Facilitator

UNIVERSITY YOUTH SHELTERS, Seattle, WA

2001-2002

Overnight Shelter Volunteer

RAPE CRISIS CENTER, Madison, WI

1998-1999

Crisis Line Counselor

UNIVERSITY OF MINNESOTA – FAMILY SCIENCES, St. Paul, MN

1997

Spring Quarter Career Counselor

UNIVERSITY OF MINNESOTA – FAMILY SCIENCES, St. Paul, MN

1997

Research Assistant

Continuing education conference speakers/topics including Brent Atkinson (John Gottman), Alan Braverman (Pia Mellody), Barry McCarthy, DBT, Terry Real, Janice Spring, DBT, Psycho-pharmacology, and others.